



FEEL BETTER. MOVE. BREATHE. RESET.

CALM BODY



A QUICK 5-MINUTE ROUTINE

Just 5 minutes to help you feel more calm, clear, and in control. You've got this!

1
MINUTE

DANCE

Put on your favorite song and move however you like! Shake it out and have fun.



1
MINUTE

ANIMAL WALKS

Try bear walks, crab walks, frog jumps, or sither like a snake. Move like your favorite animal!



1
MINUTE

GENTLE STRETCHING

Reach, stretch, and breathe. Loosen up your muscles and let your body relax.



1
MINUTE

WALL PUSHES

Stand facing a wall, hands on the wall. Push in and out. Feel your strength!



1
MINUTE

SLOW BREATHING & QUIET MOVEMENT

Breathe in... hold... breathe out. Move slowly. Feel your body get calm.



REMEMBER:

The goal isn't to exercise anxiety away. Physical activity can help you **release built-up energy**, **reconnect** with your body, **shift attention**, and **create a sense of calm**, even if you have epilepsy.



Choose activities **you enjoy**, and keep movements **safe** and **age-appropriate**.